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Golfers 'Tap' for Lower Scores, Average 36 Percent Improvement

San Francisco, CA (PRWEB) August 4, 2006 -- Between first-tee jitters, the yips, swing faults, and other distractions, golf can be more frustrating than enjoyable. But Ohio golf coach Stephen Ladd shows golfers how to tap on key acupressure points while focusing on golf problems and their scores improve, usually within minutes. The method he teaches is EFT, Emotional Freedom Techniques, which is explained in a free training manual at <http://www.emofree.com/downloadleftmanual.asp>

In his office or on the putting greens of four local courses, Ladd shows amateurs and professionals how to eliminate stress, anxiety, and poor swing habits.

“Most golfers never reach their true potential,” he says. “Traditional positive thinking programs simply do not help, and practice does not make perfect -- in fact, practice often makes things worse. But by using EFT, golfers at every level can leave those problems behind, eliminate fear and doubt, and never choke again, ever.”

Ladd recently asked clients to rate their results. “Of the 103 golfers who did so,” he says, “59 reported excellent results, 32 had good results, 10 reported fair results, and only 2 had disappointing results.”

According to Gary Craig, the Stanford-trained engineer who developed EFT, these outcomes are in keeping with the technique’s success rate in all aspects of sports performance as well as the treatment of stress, anxiety, and physical problems. “We’ve been tracking EFT’s results for the last 10 years,” says Craig, “and most practitioners report that over 80 percent of those who try it experience significant improvement.”

In golf, says Ladd, the most meaningful improvement is a reduction of the player’s handicap. “I asked my golfers for their average round before and after learning and applying EFT,” he says. “Of the 31 golfers who supplied these statistics, all (100 percent) reported improvement, and their improvements averaged 36 percent. A few reduced their handicaps by as much as 55 to 75 percent.”

EFT was originally developed to address problems such as stress and anxiety, which are key

factors in sports performance. PGA Teaching Professional Dave Proffitt of London, Ohio, says, “My putting was the only thing keeping me from winning several PGA Teaching Professional events. I could sink them all day on the practice green, but never in the big tournaments. My playing partners expected me to reach the par fives in two, but then hang on for par. EFT took care of that in short order. Imagine their surprise when I started draining eagle putts!”

For dozens of cases in which EFT improved the performance of athletes, see <http://www.emofree.com/articles.aspx?id=21> The free EFT manual can be downloaded at <http://www.emofree.com/downloadeftmanual.asp>